

Directions:

Evaluate the student by checking the appropriate number or letter to indicate the degree of competency. The rating for each task should reflect **employability readiness** rather than the grades given in class.

Rating Scale:

- 3 Mastered** – can work independently with no supervision
2 Requires Supervision – can perform job completely with limited supervision
1 Not Mastered – requires instruction and close supervision
N No Exposure – no experience or knowledge in this area

3	2	1	N	A. Exploring Personal Challenges	Notes:
				1. Appraise personal values and goals	
				2. Identify personality characteristics	
				3. Describe feelings and attitudes related to specific situations involving self concept	
				4. Describe individual talents	
				5. Describe types of personal relationships with others	
				6. Appraise ways to build relationships	
				7. Describe responsibilities in friendships	
				8. Describe issues related to equity in roles and responsibilities	
				9. Appraise own communication skills	
				10. Distinguish between verbal and nonverbal communication	
				11. Recognize the importance of social etiquette	
				12. Analyze procedures for personal decision making	
				13. Appraise methods for group decision making in different situations	
				14. Identify skills for managing stress and crisis	
				15. Identify leadership qualities and skills	
				16. Demonstrate leadership qualities and skills	
				Other:	

3	2	1	N	B. Exploring Resource Challenges	Notes:
				1. Describe personal values, standards, resources, needs and wants	
				2. Describe ways to use, trade and share personal resources	
				3. Create a plan to manage personal resources	
				4. Describe family values and resources	
				5. Develop a family budget	

				6. Identify sources of youth and family income	
				7. Develop an individual entrepreneurship plan	
				8. Identify future goals related to spending and saving	
				9. Appraise ways to save money	
				10. Analyze advantages and disadvantages of credit	
				11. Analyze issues related to consumer practices	
				12. Compare product and service information	
				13. Identify options for obtaining goods and services	
				14. Investigate accompanying costs of products and services	
				15. Identify services and regulations which protect consumers	
				16. Describe consumer action for recourse and other responsibilities	
				17. Recognize advantages and disadvantages of convenience products	
				18. Analyze lifestyles, needs, values and goals related to housing	
				19. Analyze basic human needs met through housing	
				20. Evaluate family tasks and adjustments related to moving	
				21. Appraise personal energy conservation techniques	
				22. Appraise ways to recycle furnishings	
				23. Create room arrangements for a specific taste and lifestyle	
				Other:	

3	2	1	N	C. Exploring Family Life Issues	Notes:
				1. Appraise decision-making skills	
				2. Identify factors influencing family decisions	
				3. Analyze procedures for family decision making	
				4. Recognize individual differences in family members	
				5. Describe roles and responsibilities of family members over the life cycle	
				6. Identify family strategies for balancing work and family responsibilities	
				7. Recognize individual differences in relationships	
				8. Appraise methods for coping with family stress and crisis	
				9. Describe roles of love and affection in family living	
				10. Identify family support services	

				11. Describe choices related to lifestyle and parenting	
				12. Assess attitudes toward parenting	
				13. Describe challenges and costs of adolescent parenthood	
				14. Appraise personal attitudes toward children	
				15. Describe ways to guide intellectual, emotional, social and physical growth in children	
				16. Classify developmental tasks and growth patterns of children	
				17. Evaluate the role of nurturance on growth and development in children	
				18. Demonstrate management techniques for children's activities	
				19. Analyze role of parents and caregivers in toy selection and use	
				20. Describe nutrition and hygiene needs of children	
				21. List emergency procedures and treatment	
				22. Analyze safety of children's products	
				23. Describe ways to share responsibilities of parenting among family members	
				24. Describe roles and responsibilities when caring for children	
				Other:	

3	2	1	N	D. Exploring Health and Wellness	Notes:
				1. Describe characteristics of health and wellness	
				2. Describe characteristics of physical/mental/social health	
				3. Recognize relationship of exercise and leisure to health	
				4. Distinguish between health fads and sound practices	
				5. Identify sources of health information for consumers	
				6. Identify health care providers	
				7. Identify skills for coping with stress	
				8. Differentiate between substance use and abuse	
				9. Demonstrate assertive refusal skills	
				10. Identify reproductive anatomy and physiology	
				11. Distinguish between myth and fact related to human reproduction	
				12. Identify physical and emotional risks associated with adolescent sexual activity	
				13. Recognize the importance of abstinence related to adolescent sexual activity	
				14. Compare communicable and noncommunicable diseases	

				15. Suggest methods of disease control	
				16. Recognize individual differences in growth and development	
				17. Select and use personal hygiene products	
				18. Evaluate desirable qualities of dating partners	
				19. Describe choices related to becoming a parent	
				20. Describe accident/injury prevention strategies	
				Other:	

3	2	1	N	E. Exploring Nutrition Choices	Notes:
				1. Evaluate food preferences	
				2. Identify recommended guidelines for nutrition	
				3. Determine personal caloric needs	
				4. Select food sources of nutrients	
				5. Evaluate meals and snacks	
				6. Identify factors influencing dietary needs	
				7. Analyze methods of weight control	
				8. Analyze nutrition labeling	
				9. Determine cost of convenience foods	
				10. Analyze food advertisements	
				11. Identify basic food preparation equipment	
				12. Use recipe information	
				13. Demonstrate proper food preparation techniques	
				14. Prepare simple foods and snacks	
				15. Use safe food storage and preparation methods	
				16. Plan meals and snacks according to available resources	
				17. Recognize the importance of mealtime etiquette	
				18. Apply rules of mealtime etiquette	
				Other:	

3	2	1	N	F. Exploring Clothing Decisions	Notes:
				1. Determine values/needs/wants related to wardrobe	
				2. Identify lifestyle and preferences affecting clothing choices	
				3. Inventory clothing and accessories	
				4. Plan wardrobe additions, deletions and adaptations	
				5. Recognize factors influencing clothing purchases	
				6. Compare price/quality/care of clothing	
				7. Determine appropriate clothing care procedures	
				8. Describe ways to recycle clothing	
				9. Describe clothing storage methods	
				10. Identify basic equipment	
				11. Recognize clothing construction procedures	
				12. Demonstrate clothing construction safety practices	
				13. Demonstrate basic clothing repair skills	
				14. Demonstrate basic clothing construction skills	
				Other:	

3	2	1	N	G. Exploring Career Awareness	Notes:
				1. Describe personal qualities and training required	
				2. Identify careers	
				3. Investigate working conditions and income of specific careers	
				4. Describe advantages and disadvantages of owning a home-based business	
				5. Assess personal skills and resources to be an entrepreneur	
				6. Compare advantages and disadvantages of owning a business and working for an employer	
				7. Identify skills for balancing work and family responsibilities	
				8. Describe the influence of technology on career choices	
				Other:	